

portion patrol

Score maximum satisfaction from 100 calories with these 28 snacks

By Lisa Drayer, R.D.

Photographs by Todd Huffman

Computer screens, dogs, your paycheck: Some things should only come in size XL. But at snack time, smaller really is better. A mere 100 calories can satisfy you until your next meal, but that amount is frustratingly hard to eyeball. You could pay the more than 100 percent markup some companies charge for 100-cal snack packs—or simply keep these delicious, nutritionist-approved treats on hand.



Sliced tomato with a sprinkle of feta and olive oil
 ▶ Lunch left something to be desired? This savory dish will make your taste buds happy.



Vitamuffin VitaTop
 ▶ Pop this vitamin-rich fudgy treat before a morning meeting and that Danish won't look so damn good.



Starbucks tall skinny latte
 ▶ Score your caffeine fix along with a hunger-crushing 10-gram shot of protein and about a third of your daily calcium needs.



Banana
 ▶ Naturally prepackaged goodness you can take anywhere, with the added benefit of cramp-preventing potassium.



1/2 c edamame (measured shelled)
 ▶ Eating this protein-packed pick-me-up out of the shell will help make the snack last longer.



3 c air-popped popcorn
 ▶ Go ahead, nibble mindlessly as you zone out in front of Bravo. Even if you're watching trash, you won't be eating it.



8 shrimp and 4 Tbsp cocktail sauce
 ▶ The perfect appetizer—and no one at the table will know you're counting calories.



Quaker Instant Oatmeal (regular flavor)
 ▶ This speedy fiber- and protein-packed breakfast also makes for a warm, filling snack.



Yoplait Light yogurt (fruit flavors)
 ▶ This bone-building goodie provides 20 percent of your RDA for calcium and vitamin D.



2 Sargento Light String Cheese snacks
 ▶ Any food you can play with is a great distraction; plus, the protein battles mid-afternoon hunger pangs.



Curves granola bar

▶ Stash chocolate-peanut or strawberries-and-cream bars in your glove box to help you resist the lure of the drive-thru when you're on the road.



1 c baby carrots with 2 Tbsp hummus

▶ The crunchy texture keeps choppers busy, and tangy hummus feeds your need for comfort food.



1¼ oz turkey jerky

▶ When you must have meat, chew on this low-cal, low-fat power snack.



½ cantaloupe

▶ Like most fruit, melon contains a lot of water. So you get a lot of food—and beta-carotene—for not a lot of calories.



1 c vegetable juice, such as V8, and 2 oz Oscar Mayer oven-roasted turkey breast

▶ An antioxidant- and protein-rich hunger-buster.



1 Tbsp peanuts and 2 Tbsp dried cranberries

▶ Toss together this pared-down trail mix and pre-measure into plastic baggies.



1½ c strawberries and 3 Tbsp Cool Whip Free

▶ For a totally guiltless dessert, dish up a bowl of this sweet, fiber-rich combo.



3 Amy's Cheese Pizza Snacks

▶ These hot, crispy, cheesy bites are possibly the most satisfying late-night snack ever.



1 c raspberries with 2 Tbsp plain yogurt and 1 tsp honey

▶ This sweet mix does the job until you can break away from your desk for a full meal.



2 egg whites with 1 slice whole wheat toast

▶ This protein-and-carb duo gives you a light but energizing start when you have a belly-busting lunch on your calendar.



5 Hershey's Special Dark chocolate kisses

▶ A cocoa fix that's equally rich in chocolaty taste and disease-fighting antioxidants—what more could you want in a snack?



⅔ c Barbara's Bakery cinnamon Puffins cereal (dry)

▶ Keep premeasured tubs in your desk drawer for an alternative to kettle chips when you're craving something crunchy.

DUMB QUESTION:

What's a Calorie?

Scientifically speaking, it's the amount of energy needed to raise the temperature of one gram of water by one degree Celsius. Nutritionally, **a calorie is the amount of energy in food your body can use.**

Digestion releases nutrients in food, which your body converts to glucose and uses to fuel all of its functions, from making your heart beat to running after the UPS truck. We can thank (or curse) Lulu Hunt Peters for introducing the concept of counting calories. Her 1918 bestseller, *Diet and Health With Key to the Calories*, advocated the "calories in, calories out" method as a way to regulate weight. We've been adding them up ever since.



About ½ c frozen yogurt

▶ When you crave a cool treat, dip into smooth and yummy fro-yo—it's nowhere near as high-calorie as ice cream.



1 oz yellowtail and 1 oz tuna sashimi with 1 packet Kikkoman Instant Tofu Miso Soup

▶ Have it pre-party: The protein will keep you from wiping out the buffet.



18 Fat Free Rold Gold Tiny Twists
 ▶ Kill a carbs-and-salt craving in a single snack session.



2 1/2 oz Veggie Land Veg-T-Balls with 2 Tbsp Muir Glen chunky tomato sauce
 ▶ These low-fat vegetarian balls hit the spot.



Chocolate milk (1 c nonfat milk + 1 Tbsp Hershey's Lite chocolate syrup)
 ▶ Quell your inner cocoa monster and get a hit of calcium.



1 Nutter Butter granola bar
 ▶ This peanut bar tastes like something you'd get from the vending machine, minus the thigh-inflating effects.

Resistance Is Futile!

Mother Teresa, Kate Moss...maybe they could limit themselves to 100 calories of these tempting treats. But we seriously doubt it!

AUNTIE ANNE'S ORIGINAL PRETZEL

About 1/4 of a pretzel
 Don't get tied up in knots about it.

BAGEL, PLAIN, 4.5"

1/3 of 1 bagel
 And that's without any cream cheese.

BURGER KING DOUBLE WHOPPER WITH CHEESE

1/10 of 1 burger
 There's almost an entire day's worth of fat in one sandwich.

HAAGEN-DAZS CHOCOLATE CHIP COOKIE DOUGH ICE CREAM

2 1/2 Tbsp
 You're going to need a smaller cone.

KFC HOT WINGS

1 1/4 wings
 Even with the bone in, you don't get much.

KRISPY KREME POWDERED STRAWBERRY-FILLED DOUGHNUT

1/3 of a doughnut
 Barely enough to dunk in your coffee.

PEANUT M&M'S 10 candies

They've never looked so small before, have they?

MCDONALD'S FRENCH FRIES, LARGE ORDER

1/6 of a serving, or 1 oz
 And forget about ketchup.

PAPA JOHN'S PAN CRUST CHEESE PIZZA, 12"

About 1/4 of 1 slice
 Still fattening, any way you slice it.

SARA LEE ORIGINAL CREAM CHEESE-CAKE

1/2 of 1 serving
 You can always share your slice with a friend.



QUIZ  Think you know what 100 calories looks like? Take our quiz at womenshealthmag.com/quiz